

# Mega Muffins

**Makes:** 12 or 48 servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Milk, 1% (low-fat) or fat-free		1/2 cup		2 cups
Vegetable oil		1/4 cup		1 cup
Egg, beaten		1		4
Honey		1/4 cup		1 cup
Oats, old-fashioned, uncooked		1 1/2 cups		6 cups
Flour, white, enriched		1/2 cup		2 cups
Flour, whole wheat		1/2 cup		2 cups
Brown sugar, packed		1/4 cup		1 cup
baking powder		1 Tbsp		1/4 cup
Salt		1 tsp		4 tsp
Optional: blueberries or chopped apples, raisins or dried fruit, chopped nuts		1 cup		4 cups

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>170</b>	
Total Fat	6 g	
Protein	4 g	
Carbohydrates	27 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	268 mg	

## Directions

1. Preheat oven to 400° F.
2. Prepare muffin pans by oiling, spraying with cooking spray or using paper cupcake liners.
3. Combine milk, oil, egg and honey in a small bowl and mix.
4. Combine dry ingredients in a large bowl and mix.
5. Add wet ingredients to dry, mixing just until dry ingredients are moistened.
6. For plain muffins, skip ahead to step 8.
7. For fruit or nut muffins, fold in the optional ingredients for the variation you chose.
8. Fill greased or paper-lined muffin cups 3/4 full.
9. Bake in preheated oven for 15 to 18 minutes or until golden brown.

## Notes

Serving Tips:

Make these muffins in advance and serve them for snack or breakfast later in the week.